

1. Adhering to a health-conscious diet is associated with a lower risk of dementia, but the extent to which this association is attributable to dietary habits alone versus the influence of an overall healthy lifestyle remains unclear. *(this thesis)*
2. Individuals carrying an *APOE*  $\epsilon$ 4 allele experience greater preventive benefits against dementia by adhering to a healthy diet than non-carriers. *(this thesis)*
3. The apparent protective effect of higher fat mass on the risk of dementia prompts consideration of whether weight loss interventions in older age should be discouraged. *(this thesis)*
4. To investigate potential causal effects of behavioral factors on the risk of dementia in observational studies, follow-up time periods should exceed 5 years. *(this thesis)*
5. Finding no association does not preclude the possibility of a causal effect, while discovering an association in observational studies does not necessarily indicate causation. *(this thesis)*
6. Nutrition should have a central position in clinical practice, with healthcare providers routinely assessing and addressing patients' dietary habits.
7. No single food will make or break good health, but the kinds of food you choose day in and day out have a major impact. *(Walter Willett)*
8. All models are wrong, but some are useful. *(George E.P. Box)*
9. We should directly examine and interpret research results rather than relying solely on the conclusions provided by the authors of a paper.
10. Don't do things as you do because it is what we all do and what we always did.
11. While our collective goal is to achieve a longer and healthier life, I frequently encounter the question, 'Who desires to reach the age of 90?' My response would be, 'Someone who is happy, healthy and 89 years old'.